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**Amendments to the Claims**

Please amend Claims 1 and 2. The Claim Listing below will replace all prior versions of the claims in the application:

**Claim Listing**

1. (Currently Amended) An exercise apparatus comprising a series of elongate sections, said sections being releasably connectable to one another by way of one or more connecting joints ~~which allow for~~ connecting the sections ~~to be connected to one another~~ for positioning in various orientations relative to one another ~~as required by an individual using the apparatus, so allowing said individual to perform exercises as required, the apparatus when assembled allows said individual to apply~~ capable of applying a force against a part of the apparatus that remains static during the application of the force, wherein at least one section of the apparatus is orientated relative to a first section such that an exercise ~~can be~~ is carried out as defined by relative positioning of the elongate sections by a collar fastening means, wherein said collar fastening means comprises a collar portion arranged and configured to slide over an elongate section, and the collar fastening means includes locking means to removably retain the collar portion at a desired position on said elongate section, the collar fastening means further comprising biasing means arranged and configured to bias the locking means to a locked configuration.
2. (Currently Amended) Apparatus according to claim 1 further comprising releasable means comprising at least one of screw mechanisms ~~[[or]]~~ and quick release catches associated with said joints.
3. (Previously Presented) Apparatus according to claim 1 wherein said elongate sections are joined end to end via a removable insert.
4. (Previously Presented) Apparatus according to claim 1 wherein said elongate sections are releasably fastened to one another.

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5. (Original) Apparatus according to claim 1, comprising an upright section, supported by a base section wherein the upright is releasably secured to at least one arm section extending substantially at right angles to the axis of the upright, said arm, when secured in position, providing a surface against which an individual using the apparatus can push.
6. (Original) Apparatus according to claim 5, wherein said upright is supported by a joint, allowing for rotation of the upright about its vertical axis.
7. (Cancelled)
8. (Cancelled)
9. (Previously Presented) Apparatus according to claim 1, wherein said locking means comprises at least one grub screw.
10. (Previously Presented) Apparatus according to claim 1, wherein said locking means comprises at least one connecting pin, said pin locatable within apertures on said elongate section.
11. (Original) Apparatus according to claim 10, wherein said connecting pins are movable against a resilient biasing means.
12. (Original) Apparatus according to claim 1, wherein an elongate section of the apparatus comprises at least two telescoping parts.
13. (Previously Presented) Apparatus according to claim 1 wherein said connecting joints comprise at least one disc, arranged and configured to be removably attached adjacent the longitudinal length of the elongate section, said disc containing a plurality of apertures such that a second elongate section may be removably connected to the disc.
14. (Previously Presented) Apparatus according to claim 1 in which the apparatus is supported on a supporting stand.

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15. (Previously Presented) Apparatus according to claim 1 further comprising means to secure said apparatus to a supporting structure.
16. (Previously Presented) Apparatus according to claim 1 further comprising a disc rotationally mounted on said elongate section enabling a rotational exercise to be performed.
17. (Original) Apparatus according to claim 16, wherein electricity is passed through the disc, and opposing permanent magnets are mounted adjacent opposing faces of the disc causing resistance to rotation.
18. (Previously Presented) Apparatus according to claim 1 further comprising a strain gauge incorporated within said apparatus to monitor the effort that a person is exerting against a proportion of the apparatus.
19. (Cancelled)